



Out with the old, in with the 'RE-NEW'

Commissary re-opens with brand new look, construction comes to conclusion

By Staff Sgt. Rob Hazelett
509th Bomb Wing Public Affairs

The base commissary unveiled its new look when Rhonda Miller, wife of 509th Bomb Wing commander Brig. Gen. Chris Miller, and Col. Eric Single, 509th Bomb Wing vice commander, ceremoniously cut the red ribbon at the front doors Tuesday.

The \$7.3 million construction project, which took 14 months to complete, featured many changes readily apparent to the enthusiastic customers.

A proverbial red carpet was rolled out for shoppers, as they entered the commissary to a Hollywood theme that was waiting for them.

Inside, customers were greeted by vendors, enjoyed baked goods, and were given entry forms to offer hope that various prizes such as shopping sprees, MP3 players and bicycles could soon be theirs.

Winners names were read over the stores loudspeaker.

While many door prizes have already been awarded, the grand prizes remain and will not be drawn until Tuesday.

However, customers are reminded that entry forms for the 2005 Pontiac Sunfire and the \$4,000 Sony entertainment center are available until close of business Sunday.

Contestants do not have to be present to win either of the grand prizes.

"This grand re-opening is the commissary's way of saying 'thank you' to the customers who have had to endure the dirt and the dust of construction the last year-round," said Carol Lakey, store director.

"We have all new refrigeration and

upright freezers, as well as changes to the store extension where the warehouse shop has moved to the main sales floor."

Before the changes, the warehouse had been used as a make-shift grocery area. Now the back can be used for its intended purpose of housing additional items, Mrs. Lakey added.

Some of the projects completed were:

■ New shelving has been added, as well as aisle resets that involved placing such items as the bread and soda products into their newly respective spaces.

■ Other not so-obvious, but appreciated adjustments were heating, lighting, and air-conditioning upgrades, and a newly refurbished floor that was done in mid-December.

Overall, sales and customer turnout were exceptionally proportionate for the re-opening event.

"Our theme was fun and enjoyed by all of our customers," said Margaret Joyner, commissary secretary. "When the day was over, the store saw a 114-percent increase, which far exceeded any of our expectations, because it doubled our usual daily sales."

While the grand re-opening can be deemed a success, much preparation went into it getting off the ground.

"This would not have been made possible without the hard work and many contributions from store workers and other workers who were flown in from areas within the DECA east region," said Charlie Bohn, store manager.

For more information and photos regarding the commissary grand re-opening, see Pages 12-13.

"This grand re-opening is the commissary's way of saying 'thank you' to the customers..."
—Carol Lakey, store director—



Photo by Staff Sgt. Rob Hazelett

Bonnie Kanitz, Defense Commissary Agency east director, Rhonda Miller and Col. Eric Single, 509th Bomb Wing vice commander, prepare to cut the ribbon signifying the start of a new era for the remodeled commissary. The store's grand re-opening ceremony Tuesday concluded more than 14 months of construction. The ceremony included posting of the colors by the honor guard, a prayer by 509th Bomb Wing chaplain (Lt. Col.) Ron Underwood and a brief speech of gratitude from the regional director to patrons.

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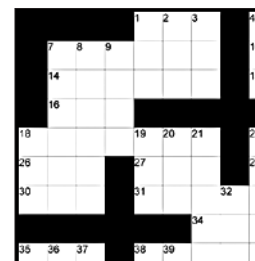
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SPIRIT TIMES
Whiteman Air Force Base, Mo.

Editorial Staff

Brig. Gen. Chris Miller.....509th Bomb Wing commander
Maj. Joe DellaVedova.....Chief, Public Affairs
2nd Lt. Candace Cutrufo.....OIC, Internal Information
Staff Sgt. Neo Martin.....NCOIC Internal Information
Staff Sgt. Rob Hazelett.....Staff writer
Airman 1st Class Jason Burton.....Editor

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For more information, call the *Spirit Times* office at 687-6133, e-mail: spirit.times@whiteman.af.mil, fax us at 687-7948, or write to us at: 509th BW/PA, 509 Spirit Blvd. Ste. 111 Whiteman AFB, Mo. 65305

Air Force Quiz

What is the enlisted rank for an E-9 in the U.S. Navy?

9er Line

Dial 687-3119 or e-mail
9r.Line@whiteman.af.mil

Whiteman's 9er Line provides a communication channel for you to obtain information and assistance in making Whiteman a better place to live and work.

Before calling the 9er Line, try to resolve your problem with the responsible base agency.

If you've exhausted all the normal avenues to resolve the situation, then call Brig. Gen. Chris Miller, 509th Bomb Wing commander, at 687-3119 or e-mail 9r.Line@whiteman.af.mil.

Need a Wingman?

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available 24/7

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866-395-4357

An E-9 in the U.S. Navy is a Master Chief Petty Officer.

Air Force Quiz answer

Commander's Corner

Wind the Clock

By Col. Eric Single

509th Bomb Wing vice commander

Here's the situation: You're on a night flight, in the weather, when suddenly a whole slew of warning and caution lights illuminate in the cockpit, and there's a fire warning on the number two engine . . . what's the first thing you do?

Any good pilot will tell you the answer to this one . . . you wind the aircraft clock.

"What," you ask? "How in the world can that help the situation? Shouldn't you be grabbing the throttle to shut down an engine, declaring an emergency, and trying to land as soon as possible?"

You bet. However, the simple act of taking a moment to wind the aircraft clock will give you time to stop, think, collect your wits and ensure you accomplish critical actions correctly.

It doesn't take more than a couple of seconds, and it may save you from doing something you didn't fully realize the implications of.

You probably don't want to be on the list of pilots who have inadvertently shut down the wrong engine because they got in a hurry.

Taking some time to frame a problem is a good idea no matter what you are doing. You don't have to be flying a stricken aircraft to wind the clock. A few moments of thought at the beginning of any complex task may help you identify potential problems with your plan of action, or a better way to approach the problem.

And in the long run, the pause may actually save you time by making sure you do things right the first time.

Every year, a large proportion of our mishaps are caused by lack of focus or attention to detail.

We spend millions of dollars on needless repair costs or lost man hours because someone was in too much of a hurry to think a task through. A little forethought can go a long way.

At the beginning of the year, the safety office unveiled our newest Operational Risk Management mantra:

A-C-T; assess the environment, consider options and take appropriate action.

Note that the first two steps don't include any action at all . . . that's what I call winding the clock.

I know the team is busy here; we fly, fix and support one of the nation's premier weapon systems, and our people are in high demand. Our Operational Tempo is high and we have a lot on our plates, especially in today's environment of fast-paced operations and substantial deployment requirements . . . even more reason to take those precious few seconds to wind the clock.

The next time you begin a job, try taking a little time to wind the clock and think about how you are going to approach the problem.

Chances are you may find yourself remembering something you might have forgotten, or identifying a potential problem with your current plan of action.

If nothing else comes from your time-out, at least you know your clock will continue to keep accurate time.

FAILURE: How you handle it is what matters

By Capt. Jason Boisvert

509th Maintenance Squadron
section commander

To many of us failure is the last thing we expect to happen and certainly the last thing we want to happen, but it does.

As I look back over my 13 years of active duty I can recall one particular incident that occurred in the fall of 2004.

I had just been selected to fill a section commander billet for a new consolidated orderly room.

It was no different than any other orderly room with one exception; my staff and I were charged with servicing not one but nine squadron commanders, two group staffs and the wing commander's staff.

For my first section commander job it was very rewarding and challenging trying to meet the demands of 11 different commanders and the personalities that go along with such a dynamic group of individuals.

One morning in early December, one of my commanders came to me with a request involving the old weight body fat management program and a member of his unit.

I, being the diligent officer

that I am, emphatically assured him that I would take care of it.

Unfortunately, I had to leave rather suddenly to tend to some family matters, so I entrusted a member of my staff to handle the commander's request.

When I returned the commander was waiting for me with a pressing question: Did I do what he had asked? At this point I thought "No problem. I know my master sergeant did exactly what needed to be done". However, my senior NCO in charge was on leave for the day, so I had to wait to respond to my commander.

To my surprise this was not the case. Because of bad timing and the physical condition of the member in question, my commander's request was not completed. Needless to say my commander was not happy.

He expected me to take care of him and I failed. I failed because I promised and did not deliver. This particular request was critical because the commander wanted to put this individual on the weight program before it expired.

This would allow him to reflect the member's failure to meet standards in the member's performance report.

Though there were many discrepancies in what my commander was attempting to do, in the end it was my responsibility to get the job done and I failed.

Now, no one likes to fail, most certainly not me. For some reason though, this particular incident troubled me for sometime.

Maybe it was because my commander had placed his trust in me and I let him down. What helped me come around was something a former wing commander of mine said during our weekly staff meeting.

Commenting on a mistake that had been made by a squadron commander; he said this simple acronym to combat failure . . . ALDO: Adjust, Learn and Drive-On.

ADJUST: Everyone must be able to adapt to the environment in which they live and work.

We are in the business of defending this great nation. As a leaner more agile force capable of deploying to any part of the globe in a moments notice, we must be able to adjust and modify our mission to meet an ever-changing global environment.

Failure and mistakes are a part of life and help to shape the type of person you become.

LEARN: By far a crucial component to the development and growth of a leader. Within every experience there are lessons.

It is up to the individual to glean what is being taught and to apply it; the idea being to enhance your abilities and knowledge to limit failure and mistakes in the future.

DRIVE-ON: Failure and mistakes are a part of life and help to shape the type of person you become.

Dwelling on mistakes hinders your ability to function in the present and prevents you from looking to the future.

Life will always present challenges and you will always make mistakes and in some cases fail.

It should not be your goal to be perfect; only God is perfect. Instead your goal should be to apply lessons learned to reduce mistakes and failure as you progress in your career.

Newsline

CPF changes

The civilian personnel flight is now an appointment only system from 12:30-4:30 p.m. daily. For more information or to make an appointment, call 687-6475.

New location for history office

The history office has moved from the Oscar-01 Missile Launch Control facility to the 509th Bomb Wing Headquarters building, Bldg. 509 suite 214B.

Margaret DePalama, the 509th Bomb Wing historian, can be reached at 687-1145. Members inquiring about Oscar-01 may still contact Tech. Sgt. Phil Fleming, 509th BW, at 687-6560.

Scheduled airfield burn

The first scheduled airfield burn for 2006 will be Feb. 11-13. Emergency response personnel will be on-site to control the event.

Whiteman members are asked not to phone the base fire department or security forces during this time to report unusual smoke from the flightline.

Alternate event days are scheduled for each weekend through the end of March.

For more information, call Master Sgt. Todd Lewis, 509th Operations Support Squadron, at 687-6101 or airfield management operations at 687-3101.

Dental clinic to hold demonstration

February is Children's Dental Health month and the Whiteman dental clinic will hold an impromptu demonstration about dental health topics.

The demonstration will be 10 a.m.-noon Feb. 11 in front of the base exchange.

For more information, call the dental clinic at 687-2201.

Apply for LEAD program

The application deadline for the U.S. Air Force Leaders Encouraging Airman Development program has been extended to Feb. 15. This program is for commissioning through the Air Force Academy.

For more information call, Larry Broudrick at the education center at 687-5750.

Rise in dental rates

The 2006 rates for TRICARE dental premiums are effective now. The active duty single premium increased to \$10.51 per month, the family premium rate increased to \$26.27, and the multi-family rate increased to \$65.68.

For more details on the TRICARE dental plan, visit www.military.com/TRICARE/Dental.

Ozark Inn changed hours

The Ozark Inn has changed its hours. The new hours are:

Monday-Friday

Breakfast — 6-8:30 a.m.
Lunch — 11 a.m.-1 p.m.
Dinner — 5-8 p.m.
Midnight — 11 p.m.-12:30 a.m.

Weekends and holidays

Brunch — 7 a.m.-12:30 p.m.
Dinner — 6-8 p.m.
Midnight — 11 p.m.-12:30 a.m.

Correction

In the Jan. 27 issue of the Spirit Times, Capt. William Frost was incorrectly listed as being a member of the 509th Security Forces Squadron on the front page. Captain Frost is a member of the 509th Civil Engineer Squadron.

An alternative way to resolve a dispute

By Mark Mendes

Civilian Equal Opportunity Manager

Alternative Dispute Resolution, often referred to as mediation, encompasses a range of problem solving processes whose basic purpose is to resolve complaints or disagreements without costly litigation.

The U.S. Equal Employment Opportunity Commission encourages using ADR during the counseling stage and Whiteman has instituted mediation as a method of ADR to resolve civilian and military EEO disputes.

Mediation is just one technique to resolve disputes and is a fast, inexpensive method to resolve conflict.

The 509th Bomb Wing EEO staff's mediation process uses third parties known as mediators to facilitate resolution.

Our mediators have been trained to help both parties reach a voluntary agreement. Mediators cannot make decisions or influence decisions of the parties involved in the dispute.

Here's how the process

Fast Facts
<p>When deciding if an issue is appropriate for mediation, an EEO counselor will look at several factors, including:</p> <ul style="list-style-type: none"> ■ whether the situation involves continuing relationships ■ the parties desire to settle the dispute confidentially and informally, ■ the parties' expressed interest in taking part in shaping an agreement, ■ the subject matter of the case ■ the potential for setting a precedent

works: during the first meeting, or joint session, the mediator explains the process and answers questions from the parties.

It is not uncommon for the parties involved to either represent themselves or have a legal representative present. Management should have a representative at the table that has the authority to settle the dispute.

Following the joint session and after the parties have presented their sides of the story, the mediator may meet with

each party separately to discuss and clarify the issues. This is called a caucus.

The caucus allows the mediator to gain a better sense of how the parties would like to resolve the dispute.

It is usually during caucus that the mediator assists the parties with identifying an appropriate way to solve their problems. The parties are then brought together for another joint session and, if successful, a detailed written agreement is developed and signed

by both parties.

In regards to the EEO complaint process, when a federal employee wants to file a complaint, the first step is to contact an EEO counselor.

After the initial interview and coordination with management, the complainant and management may decide the issue is appropriate for mediation.

If the situation is acceptable for mediation, the EEO counselor will refer the matter to a certified mediator who will contact the parties involved. To quote Jonathan Swift "Argument is the worst sort of conversation."

The Whiteman Civilian EEO and Military Equal Opportunity programs offer nine certified mediators serving both the civilian and military work force of Whiteman and its tenant units.

For more information concerning ADR, call Mark Mendes for civilian EEO issues at 687-5712, or call Capt. Christopher Klaiber, 509th BW, at 687-5736 for military personnel EEO issues.

Vance couple adds to B-2 history

First married pair selected to fly B-2

Story by 1st Lt. Lori Wise

71st Flying Training Wing Public Affairs

VANCE AIR FORCE BASE, OKLA.— The Air Force's B-2 bomber wing has announced a historical first — the selection of a married pilot couple.

Cpts. Rob and Beth Makros, T-38 instructor pilots with the 25th Flying Training Squadron at Vance Air Force Base, Okla., were named in the Jan. 11 assignment notification.

Previously F-15E and B-1 pilots respectively before arriving at Vance AFB, both are thrilled with their new B-2 assignments.

"We were praying for this assignment, and our prayers were answered," Beth said.

"It's awesome. The B-2 is a great opportunity for both of us," Rob added.

The 509th Bomb Wing's B-2 pilot selection process is governed by a memorandum of understanding with its headquarters, Air Combat Command.

The hiring process consists of a board screening, Airmanship evaluation and commander's interview at the wing headquarters, Whiteman Air Force Base, Mo. The pilot selection standards are high and competitive because there are only 20 operational B-2s in existence.

"Captains Rob and Beth Makros are two outstanding officers who did exceptionally well during our selection process," said Lt. Col. Steve Moulton, 394th Combat Training Squadron commander. "The 509th Bomb Wing is fortunate to gain two superbly talented aviators who will now become part of an elite team that can deliver mass, precision and stealth ... anytime, anywhere."

Although the Makroses have been married for six years, the longest time they've spent together consecutively has been their 18 months at Vance.

After graduation from the Air Force Academy, they dated long-distance for two years while Beth completed her master's degree at Harvard in Boston and Rob completed his pilot training at Columbus Air Force Base, Miss.

The couple got married, then Rob headed to F-15E training at Seymour Johnson Air Force Base, N.C., before taking his assignment at Mountain Home Air Force Base, Idaho, while Beth entered and completed pilot training at Columbus. She selected a B-1 in hopes of also getting assigned at Mountain Home.

"But it didn't quite work out the way we had hoped," Rob said.

"Throughout our comedy of errors, we tried to plan our assignments to be together, but the Air Force relocated the B-1s to Dyess AFB, Texas, so again we were back to commuting on weekends to see each

other," Beth explained.

In the aftermath of Sept. 11, 2001, the couple deployed several times with their F-15E and B-1 squadrons to support the global war on terrorism.

With operational combat experience under their belts, they were both selected to become instructor pilots in a joint spouse assignment at Vance AFB.

After finally getting to enjoy an overdue honeymoon trip together, the couple recently moved apart again when Beth accepted a one-year internship at the Pentagon.

"Our commanders have all been very supportive of our careers, marriage and commuting," Rob said.

"Rob and I also support each other's goals and allow each other the freedom to grow and develop separately in our individual ambitions," Beth said. "We do our best to cooperate, communicate and make adjustments as necessary to strengthen our relationship."

The B-2 Spirit bomber is capable of delivering conventional and nuclear munitions. Its "stealth" characteristics give it the unique ability to penetrate an enemy's most sophisticated defenses.

At a cost of \$1.157 billion each, the B-2's capability to penetrate air defenses and threaten effective retaliation provides a strong, effective deterrent and combat force into the 21st century, according to an Air Force Fact Sheet.

The B-2 completed its first-ever combat deployment in support of Operation Iraqi Freedom, flying 22 sorties from a forward operating location as well as 27 sorties from Whiteman AFB and releasing more than 1.5 million pounds of munitions.

The Makroses are looking forward to their July assignment and reunion at Whiteman AFB. After becoming mission-qualified for the B-2, they hope to stay for three to five years and also assist as IPs in the T-38 program there.



Courtesy photo

Cpts. Rob and Beth Makros, T-38 instructor pilots with the 25th Flying Training Squadron at Vance Air Force Base, Okla., are the first married couple to be selected to fly the B-2.

Team members honored in February

Team Whiteman recognized 46 promotees at a ceremony Monday at Mission's End. They are:



AIRMEN

Matthew Fletcher and Damon Schmitz
509th Comptroller Squadron
Ashanti Ali
509th Maintenance Operations Squadron
Adam Shipley
509th Maintenance Squadron
Brian Boxx and Sean McMullen
509th Munitions Squadron
Tyjuan Anderson
509th Operations Support Squadron
Strawberry Cruz and Nicholas Winters
509th Security Forces Squadron
Courtney Robinson
509th Services Squadron



AIRMEN 1ST CLASS

Adam Reynolds
509th Communications Squadron
Michael Davidson
509th Logistics Readiness Squadron
Jerome Malnar and Jeremiah Sell
509th MXS
Kassandra Hatheway
509th MUNS
Dustin Graham, Roger Roper and Troy Smith
509th SFS



SENIOR AIRMEN

Todd Anderson
393rd Bomb Squadron
Brian Cockroft
394th Combat Training Squadron
Anthony Capobianco,
Morgan Carrillo, Linwood Dawley,
Ruben Lopez, Dustin Martin, Douglas Popham, Thomas Robinson, Jonathan Sangricco, Jamaar Shivers and Gary Thornhill
509th Aircraft Maintenance Squadron
Matthew Sherman
509th Bomb Wing
Alpha Germain and Andrew Johnson
509th Civil Engineer Squadron
Kevin Smith and John Tremblay
509th CS
Alicia Greene
509th CPTS
Ryan Barber and Ronald Reyome
509th LRS
Ryan McArdle
509th Maintenance Group
Samuel Davis, Nicholas Guyer and Megan Magonigle
509th MXS
Kelly Myers
509th Medical Support Squadron
Dustin Sigmon and Kevin Zbornak
509th MUNS
Ronald Lerch
509th OSS
Gina Robles
509th SVS
Hollie Wallace
509th SFS



STAFF SERGEANTS

Keval Smith and Levi Williams
509th CES
Angilia Steinmetz
509th LRS
Nicholas Giordano
509th MXS
Douglas King and James Smith Jr.
509th MUNS
Emily Renner
509th SFS



TECHNICAL SERGEANTS

Brad Whitt
509th MXS
Scott VanSickle
509th MUNS
Scott Ludrick
509th SFS
Charles Bridges
Detachment 6 372nd Training Squadron
Duane Long
Headquarters Security Forces Center
Detachment 1



MASTER SERGEANTS

Michael Larocque
509th CES
Vernice Belin
509th SVS
Randy Greevebiester
72nd Test And Evaluation Squadron



SENIOR MASTER SERGEANT

John Gaudiello
509th AMXS

Outstanding CDC end of course scores

Five Airmen who earned outstanding career development course test results were recognized at a ceremony Monday at Mission's End. They are:

90 — Staff Sgt. David Fitch
509th MDOS
— Senior Airman
Mario Salaiz
509th LRS

— Senior Airman Kimberley White
509th MUNS

Staff Sgt. Bradley Dugan —
509th MOS
Senior Airman
Michelle Bagalawis —
509th AMXS

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The Spirit Times wants to feature you.

Do you have an idea you'd like to see in the paper?

Let our staff know about it.

E-mail spirit.times@whiteman.af.mil.



Photo by Staff Sgt. Rob Hazelett

Don't sweat it, CLEP it

Senior Airman Hardford Carre, 509th Logistics Readiness Squadron, prepares to take the College Level Examination Program examination by filling out the identification blocks. Upon receiving a satisfactory score, students can earn credits toward a college degree for each CLEP and DANTES Subject Standardized Test taken. CLEP is the most widely accepted credit-by-examination program in the United States. CLEP and DANTES exams are free for active duty, Reserves and Guard members at the education center. For more information, call the education center at 687-5750.

Wing announces quarterly award winners

By Staff Sgt. Rob Hazelett
509th Bomb Wing Public Affairs

The 509th Bomb Wing honored the fourth quarter award winners during a breakfast at Mission's End Jan. 27. The winners are:

Company Grade Officer

1st. Lt. Mary Olsen, 509th Bomb Wing, is the Company Grade Officer of the Quarter.

Lieutenant Olsen provided on-target counsel to senior leaders by consistently providing accurate, timely information.

Her superb report during a local FOX News story about Whiteman Airmen offered concise information to the community as it reached 850,000 households.

She has streamlined wing tour policy by maximizing the community relations program, and reducing the operations and mission support by 33 percent. She coordinated three Base Community Council events attended by more than 500 local civic leaders and key wing staff members.

Lieutenant Olsen is qualified to drive a 44-passenger bus that enables her to conduct tours, and aids in reducing the strain on the already undermanned 509th Logistics Readiness Squadron.

She also led 18 tour groups that showcased the Air Force mission to 450 people, including a B-2 day for community members during the holidays, which resulted in greater public trust and support.

Lieutenant Olsen is a pianist, and singer who sang at the wing holiday tree lighting. She is also learning to play the guitar.

She is a key leader in Airmen Against Drunk Driving, and has trained five volunteers who provided 14 rides and saved numerous lives.



Senior NCO

Senior Master Sgt. Courtney Davis, 509th Maintenance Squadron, is the Senior NCO of the Quarter.

Sergeant Davis teamed with Department of Defense planners to build exercise Mighty Guardian IX, where scenarios were created for Unmanned Aerial Vehicle operations to test wing security of high value assets. He is the leader of 172 enlisted personnel from four different squadrons, and has been influential in their amassing such awards as the John L. Levitow and senior airman below-the-zone.

Sergeant Davis also assisted the 509th Medical Group by assuming flightline driver's vision examinations, which saves optometry 40-man hours per week.

He earned an Aviation and Aerospace Safety Systems graduate diploma from Embry-Riddle, completing five core classes.

Sergeant Davis has committed many off duty hours to chair Top 3 and Air Force Sergeants Associations scholarship committees. He has also attended the advanced safety and operations school course and runway safety summit conferences, where his ideas elevated pilot and airfield safety.

NCO

Staff Sgt. Leah Calahan, 509th Mission Support Squadron, is the NCO of the Quarter.

Sergeant Calahan ensured there were no B-2 or T-38 engine foreign object debris mishaps when she located a potential FOD hazard on the flightline, which earned her the Golden Bolt award.

Her leadership through 22 aerospace ground equipment inspections and 37 repair



actions were instrumental in attaining the flight's 95 percent mission capable rate and the flight being crowned best in Air Combat Command in 2005.

Sergeant Calahan has been awarded her Community College of the Air Force degree, while holding a 4.0 grade point average, and has accrued 12 semester hours for a business management bachelor's degree.

She is also the newly elected Whiteman Tier 2 secretary, where she has the distinction of mentoring junior NCOs into future Air Force leaders.

Airman

Airman 1st Class Tasha Lackey, 509th OSS, is the Airman of the Quarter.

Airman Lackey's superb expertise and skills were critical in ensuring the safety of more than 9,000 Air Traffic Control wing operations, and was key in validating the operability of \$35 million in ATC equipments' assets at their peak efficiency.

Airman Lackey also safely recovered four aircraft in-flight emergencies, preserving more than \$8.4 billion in aircraft assets and potentially saving eight pilots' lives.

She has earned six credit hours through two College Level Examination Program tests, and graduated the Airman Professional Enhancement course.

Airman Lackey volunteered to organize a highway clean up that included 35 volunteers and a 1.5 mile radius. She is also booster club member and a designated driver.



Honor Guard

Senior Airman Jacob O'Connor, 509th Maintenance Squadron, is the Honor Guard member of the Quarter.

Airman O'Connor was responsible for Charlie team training, and through his efforts, the team increased its quarterly evaluations by more than 18 percent.

He flawlessly led 49 guardsmen at 20 details in the absence of the NCO in charge. He also managed and cleaned 45 M-14 and eight M-1 rifles, increasing the rifles life expectancy and saved \$65,000.

Airman O'Connor received cardio pulmonary resuscitation training, and obtained three college credits towards his bachelor's degree in mechanical engineering.

He volunteered six hours at the Missouri Veterans Home of Warrensburg, and is a booster club member for the 509th MXS.



Volunteer

Mrs. Kris Bailie, wife of Tech. Sgt. Scott Bailie, 509th Security Forces Squadron, is the Volunteer of the Quarter.

Mrs. Bailie volunteered 30 hours for a rummage sale which raised money toward the Whiteman Enlisted Spouses' Club socials to provide a social environment for spouses stationed here.

As the recording secretary, she types and publishes all meeting minutes and motions after she attends executive and general meetings.

Mrs. Bailie donated three hours to the Whiteman Officer Spouses' Club and WESC combined social where she provided bug spray, sun-block and chap-stick for packages being delivered to troops overseas.

She also volunteered at the thrift store and assisted in raising more than \$4,900 for the WESC.

Mrs. Bailie provided 40 hours of free babysitting to those members in need, and has taken a young couple under her wing to help them with essentials such as working with finances to helping the pregnant wife deal with motherhood.



In her spare time, she enjoys spending time with her husband and four children.

Laborer/Craftsman

Donald Fitzgerald, 509th MXS, is the Laborer/Craftsman of the Quarter.

Mr. Fitzgerald was a low observables linchpin to successful tile replacement, training six personnel while tackling a 133-step process on custom installation of tiles valued at \$132,000, reducing 1,100 man hours.

Mr. Fitzgerald increased in-flight capabilities by manufacturing 21 B-2 microwave trays. He also worked two major B-2 restorations this quarter, repaired 315 stealth defects and eliminated 825 LO backlog hours.

He is currently pursuing an aviation technology degree and maintains a 3.0 GPA. He has a total of 25 credits with six credit hours earned this semester.

He has dedicated time to the cancer awareness drive by selling 200 T-shirts and raising \$2,000 to facilitate future cancer research.



Specialist/Manager

Thomas Stock, 509th Communications Squadron, is the Specialist/Manager Civilian of the Quarter.

Mr. Stock was the infrastructure leader for a major gigabit ethernet upgrade where he supervised 40 technicians that expeditiously finished the project two years before their mandate.

The \$3 million project optimized service for 5,000 users and 126 buildings.

Mr. Stock was also vital in providing secure virtual private network capability for deployed commanders and maintenance operations.

He has displayed an aggressive pursuit of knowledge in completing a complex 40-hour course in Cisco security principles, and two correspondence courses with Dell certified system engineering.

As leader of the Sedalia Knights of Columbus, he has raised \$45,000 for youth programs, which enhances young lives.



Associate

Randy Canada, 509th Logistics Readiness Squadron, is the Associate Civilian of the Quarter.

Mr. Canada aided in the revampment of the mission capable rate analysis by identifying and correcting analytical errors, resulting in a 65 percent improvement in 30 days.

He developed a program to produce a report for 144 B-2 tiles, saving eight hours in research time and ensuring asset visibility.

Mr. Canada also analyzed B-2 tile availability, where he created a consumer kit to reduced aircraft downtime by 50 percent.

He is aggressively pursuing a bachelor's degree in business administration, and is currently enrolled in three classes with 3.5 grade point average.

In his spare time, Mr. Canada tirelessly performs landscaping and gardening projects for the elderly in the local community.

He has also opened the doors to his home by providing food and shelter to local youth during a family crisis.



Generic or brand name drugs — What's in a name?

By Mark Jecker

TriWest Healthcare Alliance

Parents want the best medicine for their children, but there's confusion when it comes to the differences between brand name and generic drugs, and the false perception is that generic brands aren't as good.

The U. S. Food and Drug Administration requires that generic drugs have the same chemical composition and potency and affect the body in the same way as their brand-name counterparts. Only the inactive ingredients that determine the drug's shape, color and size are allowed to differ from those of the brand-name version.

According to the U. S. Food and Drug Administration's Office of Generic Drugs, approximately 42 percent of brand-name drugs currently have generic equivalents. Because those generics can cost from 40 to 60 percent less than the brand-name drugs, the savings is passed along to the beneficiary as a lower copayment and to the U.S. taxpayer in the lower purchase price for the generics.

Every shopper wants to get the most value for his or her money, and the Department of Defense policy requiring generic drugs for filling TRICARE prescriptions saves TRICARE beneficiaries money, both as consumers and taxpayers.

TRICARE's three-tiered drug policy requires that generic equivalents (Tier One) be automatically substituted for brand-name medications (Tier Two). Exceptions to this policy are made only if no generic equivalent is available or if the prescribing physician documents a medical necessity for the brand-name medication.

When the prescription is filled at a TRICARE network pharmacy, the copayment for up to a 30-day supply of a

generic drug is only \$3. For a medically necessary brand-name drug, the copayment is \$9 for up to a 30-day supply.

If prescriptions are refilled through the TRICARE Mail Order Pharmacy, the same \$3 and \$9 copayments can be paid for up to a 90-day supply of generic or medically necessary brand-name medications.

As always, TRICARE beneficiaries may fill their prescriptions at a military treatment facility pharmacy at no charge if the requested medications are available.

If a beneficiary insists on having a prescription filled with a brand-name drug that is not considered medically necessary, and a generic counterpart for that drug is available, he or she will be responsible for paying the entire cost of the prescription out of pocket.

In 2004 the TRICARE Management Activity established a Uniform Formulary rule which created a new third-tier co-pay of \$22 per prescription

—in both mail order and retail pharmacy services—for medications that are not included in the TRICARE Formulary. A recommendation to remove a drug from the formulary is based on the drug's relative clinical and cost effectiveness compared with other drugs in the same therapeutic class. However, if medical necessity is established for a non-formulary drug, patients may qualify for the \$9 copayment for up to a 30-day supply at a TRICARE network pharmacy or a 90-day supply in the TMOP program. Note that MTFs are prohibited, under the Code of Federal Regulations, from carrying non formulary medications.

Find more information about TRICARE pharmacy benefits at www.tricare.osd.mil/pharmacy or www.triwest.com. To learn more about the TRICARE Mail Order Pharmacy contact Express Scripts at 1-866-DOD-TMOP (1-866-363-8667) or visit www.express-scripts.com.



Tell them you care

✉ Send a message to the loved ones in your life!

The *Spirit Times* wants to print your Valentine messages in the Feb. 17 issue. Notes can be submitted

by e-mailing the *Spirit Times* at spirit.times@whiteman.af.mil, and

write "Valentine Note!" in the subject line,

or deliver to the newspaper office in

Bldg. 509, Suite 111.

A message collection box will also be located in front of the base exchange through Feb. 17. Notes must be 20 words or less and in good taste.

Call 687-6133 for more information.

NOTE Be sure to include your name, phone number and whether the note is for a deployed member and if you'd like to include a photo of that person.



Remember...

"Do not discuss classified information on unsecured telephones. Official Department of Defense telephones are subject to monitoring for communications security purposes at all times."

-509th Communications Squadron Wing
Information Assurance Office, 687-5011.

The *Spirit Times* wants to feature you.

Do you, or does someone you know, have a story idea you'd like to see in the paper?

Let our staff know about it.

For more information, call 687-6133 or e-mail
spirit.times@whiteman.af.mil.

Is your Knife? legal?

By Capt. Daniel Tull

509th Bomb Wing Legal Office

If you own a knife in the state of Missouri, be careful.

Missouri has very strict laws governing knife possession.

For instance, mere possession of a switchblade is illegal in Missouri.

Anyone caught with a switchblade faces up to a year in jail and a possible fine of \$1,000.

It's also illegal to carry a concealed knife of almost any description.

State law makes concealed knife possession a class D felony, which means offenders risk up to four years of

imprisonment and a maximum fine of \$5,000.

State restrictions on knives aren't absolute. The term "knife" doesn't include curio antiques or ordinary pocket knives with blades less than four inches long.

The restrictions also don't apply to members of the armed forces using knives — including switchblade knives — in the course of official duty.

So next time you're out camping, make sure your pocket knife

doesn't exceed four inches.

Otherwise, you could be inadvertently breaking the law.



Tax Assistance Office information

The Whiteman Income Tax Assistance Office, located in the community activities center, meeting room 1, is open 8 a.m.-4 p.m. Monday-Friday. Only morning appointments are scheduled on Fridays.

The tax office opens before the community center, so please use the west door located off the game room to access the tax office. Military volunteers with experience will have the Tax Wise program in their squadron and will be able to complete tax returns at work.

Squadron representatives without the Tax Wise program will assist as much as possible before referral to the tax office.

For more information, or to make an appointment, call 687-6020.

Unit tax representatives

509th Aircraft Maintenance Squadron

Master Sgt. Fred Christensen 687-4737
Tech. Sgt. Kellie Duffendack 687-5098

509th Bomb Wing

Tech. Sgt. Theresa McDaniels 687-6809
Tech. Sgt. Mary Moten 687-6809
Andre Thomas 687-6809

509th Civil Engineer Squadron

Staff Sgt. Eric Johnson 687-1161
Senior Airman Joshua Leonhart 687-6681
Master Sgt. Andrew Gingo 687-5387

509th Contracting Squadron

Staff Sgt. Chad Obermiller 687-5436

509th Comptroller Squadron

1st. Lt. Kevin Wells 687-5458
Linda Eickhoff 687-2735

509th Communications Squadron

Tech. Sgt. Joan Anderson-Brown 687-5727
Tech. Sgt. Kristopher Krug 687-7179
Airman 1st Class Lauren Padden 687-5727
Staff Sgt. Michael Perry 687-5045

509th Logistics Readiness Squadron

Tech. Sgt. Richard Barker 687-3011
Staff Sgt. Tina Hayes 687-3408
Staff Sgt. Shoney Jackson 687-4108
Senior Airman Erin Saxsma 687-5697

509th Maintenance Operations Squadron

Master Sgt. Gregg Gangemella 687-1517
Staff Sgt. Jayson Baros 687-2566
Senior Airman Brad Dugan 687-1950

509th Maintenance Squadron

Master Sgt. Karin Clark 687-2066
Master Sgt. James Laughlin 687-2553
Master Sgt. Tania Hollinshed 687-7695
Master Sgt. David Vaughan 687-5998
Airman 1st Class Ray Frederick Jr 687-7679

509th Medical Group

Brian Nash 687-2182

509th Medical Support Squadron

Staff Sgt. Stacy Enia 687-4354

509th Munitions Squadron

Tech. Sgt. Melissa Sprague 687-8183
1st. Lt. Darice Kiefer 687-8021
Senior Airman Stanley Ewan 687-4480

509th Operations Support Squadron

David Dye 687-1683

509th Services Squadron

Greg Hauser 687-6492
Senior Airman Tze Lai 687-5496

72nd Test and Evaluation Squadron

Staff Sgt. Matthew Ranger 687-5188
Staff Sgt. Vincente Asano 687-7202



Photos by Staff Sgt. Rob Hazelett

Steve Pickens, regional manager of Carvis Continental from Jacksonville, Fla., rolls boxed goods from the warehouse extension shop onto the main sales floor via a pallet jack. Mr. Pickens contributed to the grand re-opening for two days by removing soda products from their original place and stocking them in aisle six. He also took bread and the remaining soda to the produce aisle to be stocked. Thanks to the workers huge undertaking, the warehouse can now be used for its intended purpose of storage.



Kathy Davis, commissary sales store checker, verifies that frozen meat products are in their respective places and match the labels she will be helping to place on the overhead aisle locators. Mrs. Davis was one of many workers who contributed to the major overhaul of moving refrigerated items from old refrigeration units into newer ones, as well as into the new upright freezers before grand re-opening.

Fast Facts

The Tuesday Commissary grand re-opening featured:

- Completion of \$7.3 million project started in Oct. 2004.
- New upright freezers and refrigeration units.
- Floor renovation project that was started in Oct. 2005, and finished 2.5 months later.
- A Hollywood movie theme, due to customers being the stars.
- A one-day 114 percent sales increase.
- 1,434 customers who went through the cashiers.
- Mascots and prizes that were provided by various vendors for the event.
- Two ice sculptures; an Oscar and an eagle donated by the commissary's produce vendor from Kansas City, Mo.
- Workers from Little Rock AFB, Ark., Scott AFB, Ill., Great Lakes Naval Station, Ill, Jacksonville, Fla, Fort Leonard Wood, Mo, and Rock Island Army Garrison, Ill.
- Two grand prizes that will be awarded Tuesday, but customers can still pick-up entry forms until close of business Sunday.



Mike Fusaro, 509th Civil Engineer Squadron, obtains an entry form during the commissary's big event Sonya Hampy, commissary worker. This form puts him in contention to win a 2005 Pontiac Sunfire. The car is the biggest prize among 1,000 door prizes that included MP3 players, bikes, and gift certificates. However, the winner of the car and a Sony entertainment center will not be drawn until Tuesday. Customers can still get entry slips up until close of business Sunday. Such huge giveaways are common at most openings, but a first in grand re-openings, said Carol Lakey, store director.



Yolanda Shepherd, Ft. Leonard Wood commissary store cashier, cuts decorative paper to support the commissary's grand re-opening Hollywood theme. Mrs. Shepherd was among many other workers who were flown in from various military grocery stores like: Little Rock Air Force Base, Ark., Great Lakes Naval Station, Ill???, and Scott Air Force Base, Ill., to support the extravaganza. Mrs. Shepherd was at Whiteman for approximately eight days. The decorations accentuated the newly remodeled floors and other obvious changes that welcomed enthusiastic customers as they walked through the doors Tues-



Martha Willming (left) and Amanda Baldwin, both store cashiers, and Edna Roberson (right), commissary computer administrative operator, dish-out cake to shoppers at the exit of the commissary Tuesday. The women distributed plenty of coffee, cookies and punch, as well, to the many consumers who waited patiently to see what all the construction offered them after enduring the many months of dust, dirt and construction, said Lakey.

As long as there's a temperature HVAC is standing by

By Staff Sgt. Lara Gale
376th AEW Public Affairs

MANAS AIR BASE, KYRGYZSTAN— Every humming metal box, tangle of wires and yawning duct on a military base has some function, but it usually doesn't get much attention until it stops functioning.

In this way, heating, venting and air conditioning – HVAC – technicians in the 376th Civil Engineer Squadron, are akin to the machinery they maintain.

Most people don't know it, but the truth is, anybody whose steak wasn't spoiled today, whose workspace wasn't freezing and who didn't have a really annoying ringing sound outside his tent, was granted all those comforts by HVAC.

"Basically, if it heats or cools, these guys take care of it," says Staff Sgt. Michael Dower, an HVAC technician.

There are 462 heaters and air conditioners of various design attached to buildings and tents across the base.

There are also five cold storage units for the dining facilities. All of them are maintained by the 10 members of the HVAC team.

It's a 24-hour operation. Three techs work the night shift, repairing units that were replaced earlier by the day-shift, which

makes maintenance rounds and answers help calls.

Usually some from the day shift are tasked for other things, like tent-tear downs, leaving the crew just a handful deep to keep everything running.

"It's a challenge, but we definitely stay occupied," said Tech. Sgt. Tom Nevins, night shift supervisor.

That's just one of the interesting challenges this deployment has presented them.

The home station for the entire crew is Whiteman Air Force Base, so cold weather is nothing new – but the heaters here are different than anything they've maintained at home or trained on.

About half the heaters on base are Army Shelter Units. They're the big green or tan boxes outside most of the tents they are also the source of that annoying ringing sound around base.

The Air Force doesn't train on them – the Air Force doesn't usually deploy to places as cold as Manas AB – so the team is quickly scaling the learning curve.

"Something you learn in this business is, an air conditioner is an air conditioner is an air conditioner, but the principles of refrigeration and heating never change," Sergeant Dover said. "We adapt."

Whatever it takes, their goal is to keep people comfortable, said Staff Sgt. Noah Bolton, who has been an HVAC technician for seven years. If warmth is what's needed, that's what they work to deliver, 24-7.

And when the wind chill is below zero and snow is accumulating in inches, that really is comforting.



Photos by Staff Sgt. Lara Gale

Above: Tech. Sgt. Thomas Nevins and Staff Sgt. Noah Bolton, 376th Civil Engineer Squadron, work on an Army shelter unit heater.



Left: Staff Sgt. Michael Dower, 376th CES, fills a heating unit with diesel fuel before delivering it to security forces. These members are all deployed from the Whiteman Air Force Base.

Protecting children's teeth

They're more than just 'baby teeth'

By Capt. Sara Hogge

509th Medical Operations Squadron

Many parents often wonder why the dentist will go to such lengths to preserve a child's baby teeth.

The truth is that baby teeth, or primary teeth, are critical to the overall social and physical development of every human being.

For these reasons, early oral care and prevention are the cornerstones of a healthy mouth.

Baby teeth serve several functions in the young child.

They not only act as place holders for adult teeth, but also are involved in speech, chewing and swallowing.

The size differences between the primary and permanent teeth can often compensate for large adult teeth, minimizing crowding and detrimental changes to the bite.

In children that prematurely loose baby teeth, the eruption sequence of the permanent teeth gets disturbed, crowding of adult teeth is usually worse as a result, and the natural way the upper and lower teeth are intended to fit together can get lost forever.

This is why if a baby tooth is lost early, the dentist will sometimes insert a space maintainer to keep the space until the permanent tooth comes in.

Some permanent teeth do not erupt for a number of reasons. Sometimes the adult tooth is missing completely, or may be retained in the bone below the baby tooth.

In these cases, the primary tooth in that particular spot is expected to last significantly longer.

When cared for properly, those baby teeth often last into a person's later adulthood.

Primary teeth are vital in the development of speech, chewing, and swallowing patterns.

Can you imagine trying to learn to talk without being able to say your s's, t's,

or v's.

Primary teeth also provide the function of chewing during the most intense growth periods of life.

With toothaches or missing teeth, a child is likely to suffer nutritionally.

A nursing infant swallows differently than a child that has teeth. Once most of the primary teeth erupt into the mouth, the child is able to develop an adult swallowing pattern.

This allows the upper front teeth to remain in a neutral area between the tongue and lips, further nurturing proper speech development.

Baby teeth also contribute to the developing psyche. When children are missing teeth, especially front teeth, they are less likely to smile because they are self-conscious.

This influences their overall self-image and can lead to poor self-esteem.

Since primary teeth are so significant in the overall health of a growing child, prevention is the key to maintaining them until their successors erupt.

According to the American Academy of Pediatric Dentistry, every child should see a dentist shortly after the eruption of their first tooth, or their first birthday (which ever comes first).

This early exam allows the dentist to check the health of the oral tissues and new teeth, as well as establish a good rapport with the child and parents.

At this appointment, early signs of cavities can often be noticed, and the parents can be counseled on proper hygiene and diet to prevent progression of the decay.

Even though they may be "just" baby teeth, they are critical to the overall development and growth of your child.

Since primary teeth maintain the space for the adult teeth, establish the bite, and assist in so many other oral functions, be proactive in your child's oral health.

See the dentist early and regularly to be sure that teeth are coming in as scheduled and that the oral tissues are developing properly.

For more information, contact the 509th Medical Group Dental Clinic at 687-2201.

Fast Fact

February is National Children's Dental Health month.



A Royal visit

John Buck, Kansas City Royals catcher, signs autographs for Luke and Caleb Rincker at the base exchange. Mr. Buck, along with eight staff members from the baseball team, held an autograph signing at the BX and then received a B-2 tour Saturday. Luke and Caleb are the sons of Tech. Sgt. Wesley Rincker, 509th Logistics Readiness Squadron.

Photo by 1st Lt. Mary Olsen

Around the Air Force

Overseas EQUAL List

The Overseas Enlisted Quarterly Assignment Listing is available for overseas requirements, October to December.

Airmen should work through their military personnel flights or commander's support staff to update their preferences. Deployed personnel should work with their personnel support for contingency operations representative to update assignment preferences.

Assignment preferences require updating by Feb. 17. If selected, Airmen will be notified by March 15, according to Air Force Personnel Center officials.

EQUAL advertises upcoming assignment requirements, by Air Force specialty code and rank. Members are instructed to review, prioritize and update their assignment preferences based on the EQUAL list.

Airmen can view the list by logging onto the AFPC secure Web site through www.afpc.randolph.af.mil or at local military personnel flights. (Courtesy of Air Force Personnel Center News Service)

No distinction

The Air Force will eliminate the distinction between active-duty regular and reserve officers by May 1.

Previously, an officer who earned a reserve commission served in a sort of probationary period until promoted to major, when they could become a "regular" officer.

The contract reserve officers signed when they joined the Air Force states that in peacetime they could be separated from the service if a reduction in force becomes necessary. Regular officers had that clause removed from their contracts. Also, reserve officers could only serve a maximum of 20 years, while regular officers have a high rate of tenure based on rank.

"We're basically changing the way we manage the force," said Lt. Col. Leslie Formolo, Air Force chief of promotion and evaluation policy. "This is a simpler way to manage the force. Those on active duty will be regular officers; those in the Reserves will be reserve officers."

All officers who entered active duty after May 1, 2005 were commissioned as regular officers. All other active-duty officers will be automatically transferred to regular status by May 1, provided they meet appointment requirements. Any officer who was previously denied the change because of not being medically qualified for worldwide duty, will also be granted regular status, Colonel Formolo said.

The change will not affect the active-duty service commitment, nor is a new oath of office required, Colonel Formolo said.

"The change is across all of the Department of Defense, so there's no option to remain an active duty officer with a reserve-type commission," Colonel Formolo said.

The only reasons an officer would not earn regular status are:

- Not a U.S. citizen;

- Serving on extended active duty under the Limited Period Recall Program, or serving on extended active duty as a result of invoking sanctuary rights;

- Cannot meet the regular appointment age requirements.

The changeover is a separate issue from force shaping, and the two do not affect one another.

"Force shaping is an entirely different management process, so people should not confuse the two," Colonel Formolo said. "Transitioning all active-duty officers from

a reserve to a regular commission is a law and (Department of Defense) policy; force shaping is specific to the Air Force." (Courtesy of Air Force Print News)

A-staff

The Air Force began retagging its staff directorates throughout the service this week to bring them more on line with those of the other military services and joint commands so it can operate more effectively with them to support warfighters.

The so-called "A-staff" structure was introduced in Headquarters Air Force on Wednesday, and all major Air Force commands will implement it by May 1, Brig. Gen. Keye Sabol, director of manpower, organization and resources, told the American Forces Press Service.

The concept is similar to that already in place in the Army, Navy, Marine Corps, the Joint Staff and the combatant commands, dividing duties and responsibilities by functional areas, Sabol explained.

The new structure includes the six basic organizations that cross all service and command lines: A1 for manpower and personnel; A2, intelligence; A3, air, space and logistics operations; A4, logistics; A5, plans and requirements; and A6, communications.

In addition, it includes A7 for installations and mission support; and A8 for strategic plans and programs.

Also, in an effort to elevate the visibility and application of lessons learned throughout the Air Force, planners are introducing a new A9 function: analysis, assessments and lessons learned.

The Air Staff and major commands may combine these functions where they determine it makes sense because of size or functionality, but will retain the A-staff numbering system when doing so, Sabol said.

These new A-staff designators will replace the "two letter system" that's been in place since 1970 and varies at different command levels throughout the Air Force. For example, the logistics function at Headquarters Air Force is currently referred to as "IL," although different major commands refer to it as "LG" or other designations.

The new organization will help bring consistency throughout the Air Force and within DoD. For example, airmen serving in a personnel or "A1" functional area would communicate with their Army and Marine Corps counterparts in the "G1" or "S1" directorates, their Navy counterparts in the "N1" directorate or their "J1" counterparts on the Joint Staff, Sabol said.

These numbered designations go back to the early 1900s, when the U.S. military began adopting them based on a successful model used by the Prussian Army, Richard Baker, a historian with the Army Military History Institute at the Army War College in Carlisle, Pa., told AFPS.

Sabol called the Air Force's adoption of the structure an exciting development that will promote communication within the Air Force and with its services and joint military organizations.

The initiative is part of an ongoing transformation within the Air Force to tailor it to the needs of the 21st century and beyond, he said. "We have the best Air Force in the world, and we are trying to make it better," he said.

"Not only will this reorganization improve communication, both horizontally and vertically, but it will make us more joint and enable us to provide more support for the warfighter," he said. (Courtesy of American Forces Press Service)

Volleyball with a twist

Les McDaniel, 509th Contracting Squadron, hits the ball over the net during a blind volleyball tournament Jan. 27 at the base fitness center. During the “blind” tournament, a covering was placed over the net to block the view to the opposite side of the court. The 509th Munitions Squadron won the eight-team tourney with a two-set victory over the 509th Maintenance Group. Members of the winning team included: Eric Ybarra, Jared Brum, Mark Azbill, Tony Charrette, Louis Kane, Aaron Williston and Chris Gresser.

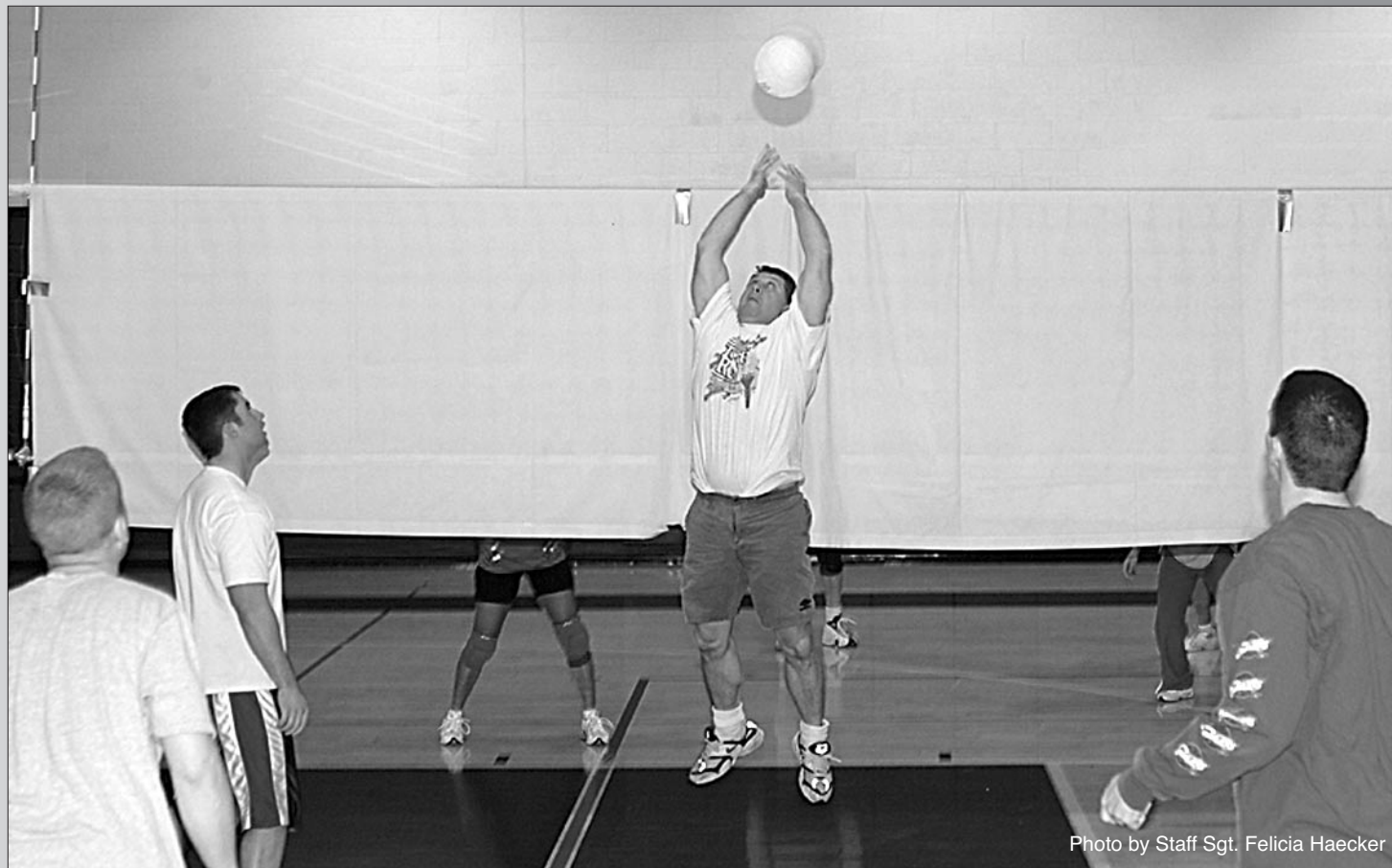


Photo by Staff Sgt. Felicia Haecker

On base

Over-30 tourney

The 509th Bomb Wing began the Whiteman Over-30 post-season basketball tournament with a convincing 53-40 win over the 590th Operations Support Squadron Wednesday at the fitness center.

Jason Baty led the BW with 18 points, while Scott Thaut and John Anderson chipped in 13 and 12 respectively. Jayson Baros led OSS with 15, while Patrick Moore netted eight.

The 509th Medical Group needed overtime to defeat the 509th Munitions Squadron 28-25 in the second game of the day.

Barry Culbreath and Dale Maddox led MDG with eight points apiece. Victor Vicuna led MUNS with 12, while Tommy McWorter dumped in seven.

Over-30 regular season

The Whiteman Over-30 Basketball League's regular season came to a close Tuesday as the MUNS defeated OSS, 36-30.

Vicuna led MUNS with 17, while Tracy Green netted 15. OSS was led by Andrew Rhodes' nine points, while Baros chipped in eight.

In action Monday, the BW finished the season with a 57-47 win over the 442nd Fighter Wing. Baty led the Wing with 22 points, while Steven Smart and Robert Finch netted 14 and 13 respectively.

Ronald Clark led the 442nd charge with 13 points,

while Kellie Askew and Stephen Luke chipped in nine apiece.

In the second game, MDG defeated OSS, 45-37. Maddox led MDG with 18 points, while Raymond Miller chipped in 13. OSS was led by Baros' 16 points, while Jeff Green netted seven.

Intramural basketball

The intramural regular season came to a close Tuesday as the 509th Security Forces Squadron –Team 1 defeated the 509th Civil Engineer Squadron 68-43.

Kwasi Henderson led SFS-1 with 18 points, while Michael Mitchell netted 15. CES was led by Eric Johnson's 14 points, while Joseph Quinones chipped in 11.

In other action, the 509th Operations Support Squadron defeated the 509th Aircraft Maintenance Squadron 47-39. OSS' Ty Anderson led all scorers with 20, while Mark Wood dumped in 10. Damon Carter led AMXS with 16, while Jamar Shivers added nine.

In Monday night action, the AMXS defeated the 509th SFS – Team 2, 63-43. Stephen Daniel led AMXS with 18 points, while Dominique Nevers and Shivers netted 16 and 13 respectively.

SFS-2 was led in scoring by Adam Wylie with 11, while Aaron Lathrop and Richard Brownlee chipped in 10 and nine respectively.

The 509th Logistics Readiness Squadron finished the season with a 10-8 record following a 47-40 win over the 509th Communications Squadron. Daniel Floyd led all scorers with 23 points, while Zack Bolden added nine. Chris Pope led CS with 19 points, while

Jack Handley netted nine.

The 509th Maintenance Squadron closed out the regular-season as champions with a 17-1 record following a 62-42 pasting of SFS-2. Wylie led SFS-2 with 21, while Lathrop netted eight.

Off base

Wrestling

The Knob Noster Panthers varsity wrestling squad improved to 7-1 in dual meets following a 62-11 pasting of Boonville Monday.

The Panthers took 12 of 14 weight classes. Brad Angel, Mitch Carroll, Seth Hookey, Cole Miller and Zach Stern won by pin fall. Tony Demma (17-3) and Riley Tallant (17-5) won by major decisions, while Kris Luzano (5-4) and Derek Thorsen (4-2) won by decision.

Quincy Hawkins, Tim Jackson and Kirk Luzano won by forfeit.

The Panthers also won the 12-team Osawatomic, Kan., tournament Jan. 28 with a total of 208 points. Kirk Luzano took first at 103 pounds and Hawkins at 119. The team hits the mat again Saturday at Lexington.

As of Jan. 24, six Knob Noster wrestlers were state-ranked according to Missouriwrestling.com. Kirk Luzano is ranked first at 103 pounds. Brother Kris received honorable mention at 112.

Hawkins and Thorsen hold down fifth place at 119 and 125 pounds respectively. Jackson received honorable mention at 145 and Miller is fifth at 152 pounds.

Team Whiteman Community

ALS class graduation

The Whiteman Airman Leadership School class 06-C's graduation will be Feb. 16 at Missions End.

Social time begins at 5:30 p.m., followed by the graduation ceremony at 6 p.m. The guest speaker will be 8th Air Force Command Chief Master Sgt. Michael Sullivan.

The graduation menu will be lasagna. The cost is \$15.95 for members and 17.95 for non-members.

The uniform will be mess dress/semi-formal for military, and coat and tie for civilians. See a member of class 06-C to sign up.

Education

MOAA offers scholarships

The Military Officers Association of America is offering \$1000 scholarships to 25 dependents of active-duty military worldwide.

For more information and the application, visit MOAA's Web Site at www.moaa.org.

The deadline is noon March 1.

Grant eligibility criteria available

The Air Force Aid Society's General Henry H. Arnold education grant eligibility criteria and application is currently available at the family support center or at www.afas.org.

Scholarship amounts for the 2006-07 school year will increase to \$2000.

The deadline is March 10.

Family Support

Call 687-7132 for more details on these family support center activities.

Pre-separation briefing set

A pre-separation briefing for people separating from the military begins at 8 a.m. Monday.

Representatives from the military personnel flight and family support center will brief.

The MPF separations and retirements office schedules members for this briefing.

For more information, call them at 687-1500 or 6720.

FSC offers financial refresher

A financial briefing for senior airmen and below not attending the First-Term Airmen Center begins at 1 p.m. Monday.

Reservations are required.

WIC representative visits base

A WIC representative is available beginning at 8:30 a.m. Tuesday and Thursday. WIC includes nutrition education, health promotion and a supplemental food program to help women, infants and children who have nutritional needs. For more details, call the WIC office in Warrensburg at 747-2012.

Workshop to write resumes

Active duty personnel can attend a hands-on workshop that helps people through the resume writing process at 8 a.m. Wednesday. Reservations are required.

Pre-deployment briefing set

A mandatory pre-deployment briefing for people who are deploying or going on a temporary duty assignment for more than 30 days begins at 1 p.m. Wednesday. This briefing covers information about preparing for deployment and programs available to family members who are left behind. Spouses are encouraged to attend.

Special needs meeting set

A forum for parents, teachers and others who care for special needs children is set for Thursday at 6:30 p.m. in the family support center. Learn about the support and community services available and meet others who understand the challenges facing special needs families. Free child care will be provided. Contact Delia Everett 660-287-3704 or Jennifer Greenslit 660-233-2493 for more info or to R.S.V.P. for child care.

Celebrating black history

By Capt.
Tony Wickman

71st Flying Training Wing Public Affairs

ACROSS

1. Simpson trial judge
4. Stroke
7. African-American botanist, agricultural chemist, educator
10. Ciliate
14. Complied
15. American slave leader Nat
16. Age
17. Boardinghouse
18. Country ____; Grammy Artist Nelly's first album
22. Carter G. ____; known as "Father of Black History"
26. TV character Monk's illness, in short
27. Bother
28. Football stat
29. Bullfight cheer
30. Bonnet denizen?
31. Discounts
33. Mil. confidential disclosure statement

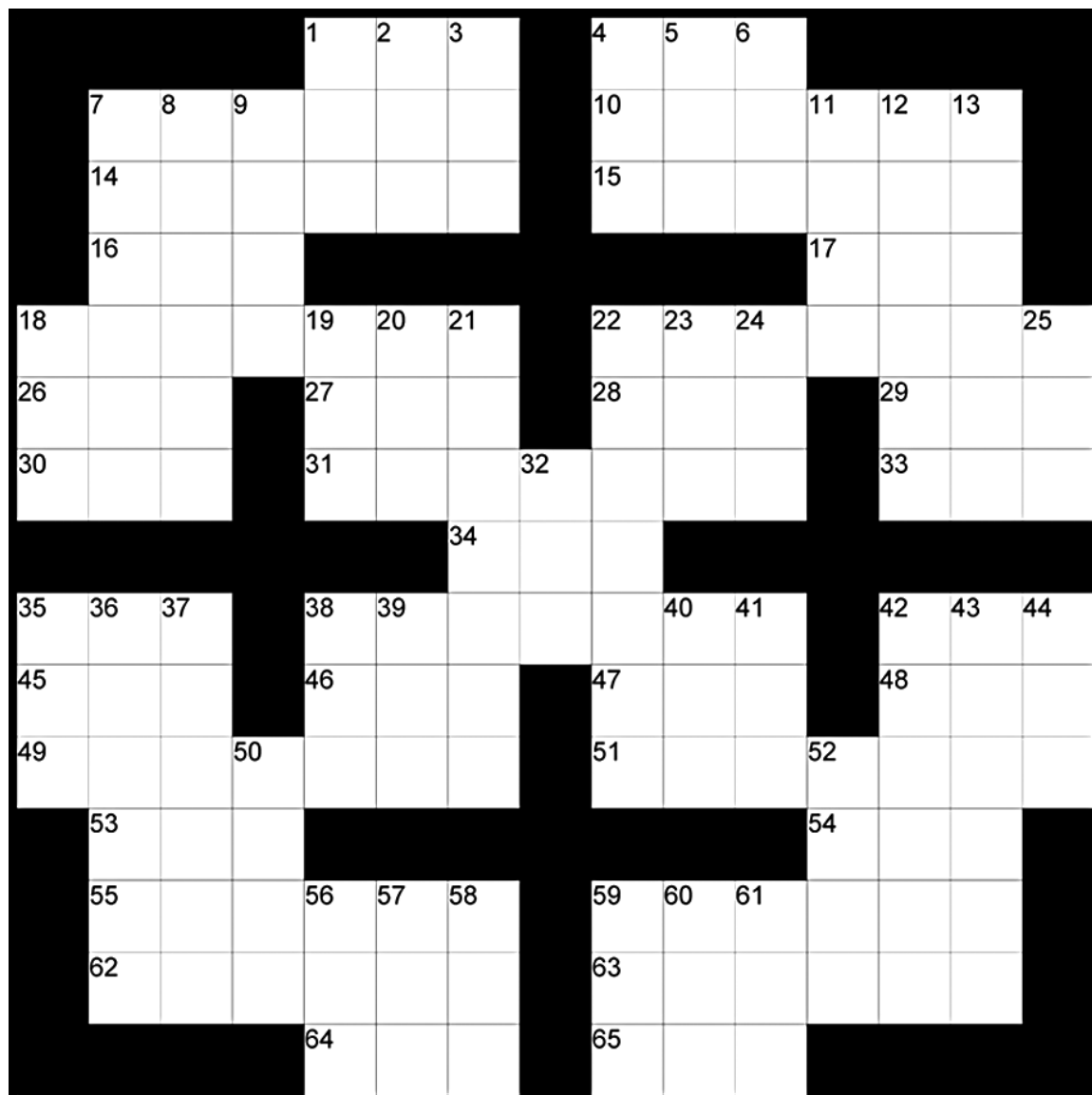


Jan. 27 answers

34. German article
35. Japanese sash
38. First African-American woman sheriff (Fulton Co., GA)
42. HHG movement org.
45. Grammy-winning rap group ____ DMC
46. Tolkien character
47. Body of water
48. North-central North Carolina river
49. Finales
51. Valved brass wind instruments
53. Spy org.
54. Actress Dolenz
55. Mortals
59. African-American Underground Railroad conductor Harriet
62. Fertilized egg
63. Brightly colored marine fish
64. Knee ligament, in short
65. Picnic pest

DOWN

1. ____ League
2. Golf prop
3. Former California fort
4. Tap lightly
5. Flightless bird
6. Rocky cliff
7. Force
8. Chafe
9. Bore
11. Home to Vance AFB
12. Liberian president Stephen ____ (1855)
13. Tennessee AFB
18. Lump
19. Damage
20. Sweetened beverage
21. First African-American woman Cabinet member Patri-



- cia__ Harris
22. 1985 Ford movie
23. Unity
24. USAF commissioning source
25. Public education labor union, in short
32. Demeanor
35. Mining goal
36. First African-American

- Nobel Peace Prize winner
37. Element IN
38. African-American Grammy-nominated artist Harper
39. Crouching Tiger, Hidden Dragon director Lee
40. Afternoon beverage
41. Levy
42. African-American Supreme Court justice Clarence

43. POTUS helicopter ____ One
44. Possess
50. Stressed syllable
52. Overacting performer
56. Appendage
57. The Big Apple, in short
58. Resort area Costa del ____
59. Orig. air carrier
60. Vase
61. Baseball item



Services Page editor.....Poppy Artherton
 509th Services Squadron.....687-7929
 *No federal endorsement of mentioned sponsors intended.

Sports & Recreation

Fitness Center
687-5496

Racquetball tournament

Sign up now for the fitness center racquetball tournament. Games will be played 11 a.m. - 1 p.m. Tuesday-Thursday. Call the fitness center for details and to sign up.

Fitness assessments

Fitness assessments are back. "Three Steps to your Success" is a three-step process which covers initial assessment, equipment orientation, and physical fitness program. Call the fitness center to schedule an appointment.

Food & Fun

Royal Oaks
687-5573

Valentine's special

In celebration of Valentine's Day, the Royal Oaks Steak House is offering an elegant meal for two for just \$50 per couple. The meal includes rib eye steak with grilled shrimp, baked potato and a delicious chocolate cake for dessert. The usual Steak House menu will also be available. Tables available 5-8 p.m. Feb. 11. Reservations taken until Monday.

Mission's End
687-4422

Mongo Mongolian buffet

Supersized Mongolian buffet 5-8 p.m. tonight. Create the perfect meal with a choice of beef, chicken, pork, shrimp, veggies and lots of sauces. The buffet costs \$12.95 for members and \$14.95 for nonmembers and includes salad, soda and dessert.

Valentine's Dinner

Treat your sweetheart to a special night out with a gourmet dinner at the Mission's End. Enjoy the best the club has to offer - seafood bisque, spring salad with wild orchids, beef wellington and Maine lobster tail followed by an array of decadent desserts. The cost is \$100 per couple which includes a bottle of wine, a rose for the lady, and a chance to win some great prizes, including a diamond necklace and luxurious massage treatments. Reservations limited to the first 24 couples only, book by Wednesday.

Outdoor Recreation, Information and Tickets
687-5565

Free skiing

Free ski and lift pass for active duty pass holders and discounted rates for dependents or other military classifications, Wednesdays through Feb. 22. at Snow Creek Resort. Outdoor recreation will provide transportation Feb. 15 and 22. The shuttle costs \$5 per person or \$15 for a family of four. Call outdoor recreation for more details or to sign up.

Movie Schedule

Friday

King Kong 7 p.m. PG-13
 Starring-Naomi Watts and Adrien Brody

Saturday

Cheaper by the dozen 2 3 p.m. PG
 Starring-Steve Martin and Bonnie Hunt

Rumor has it 7 p.m. PG-13
 Starring-Jennifer Aniston and Kevin Costner

Sunday

Closed for Super Bowl XL

Adults: \$3.50 Children: \$1.75

Movie Recording Line: 687-5110

Movies subject to change due to availability.

SUPER BOWL XL

Mission's End, Members Madness

10 cent wings * \$6 Tex Mex buffet

Budweiser Girls * Giveaways * Bar menu

Doors open 1 hour before kick-off, Sunday

* 24ft screen * 2 x 50" Plasmas * 10 x 42" Plasmas *

Party Silly with Football and Chili

4 p.m. Super Bowl Sunday Community Center

Chili cook off * Hot dogs * Chips * Soda

Free

Pre-game and Super Bowl

9ft x 9ft screen

Community Activities

Arts and Crafts Center
687-5691

Frame sale

All custom frame moldings are 25 percent off throughout February.

Framing class

Save money on framing by learning the skills yourself. Bring along a 5-by-7 inch photo to the class 9 a.m.-noon Wednesday and find out how to cut mat, join a frame and assemble the final product. The class costs \$25 which includes supplies.

Sewing class

Sewing machine gathering dust? Learn how to use it at the Arts and Crafts center with a 3-session sewing class to cover the basics. Classes take place 6-7:30 p.m. Thursday and Feb. 16 and 23. The cost is \$28.50, sign up by Wednesday.

Community Center
687-5617

Colossal cookie challenge

Got a great cookie recipe? enter a dozen of your finest baked treats in the annual cookie challenge at the community center and you could win a top-of-the-range culinary accessory. Contact the community center for an entry form and enter your cookies for judging by Feb. 14.

Library
687-6217

Story time

Story time for pre-schoolers takes place every Wednesday at 10 a.m. 3-5 year olds can listen to a story or take part in a craft activity at the library. There is also the library's dial-a-story program with a new story every week. Available 24 hours-a-day by calling 687-6255.

Test preparation

Test preparation guides and practice exams are available from the library and online at www.WhiteManAFBLibrary.org. The guides available include both College Level Examination Program and DANTES exam guides and recommended textbooks. For more information, call the base library.

Teen Center
687-5819

Movie and dinner in Sedalia

Get out of town for the evening with a trip to Sedalia to catch a movie and have dinner. Transportation departs teen center 5 p.m. tonight, returning by 10 p.m. and costs \$2. Sign up at teen center.

Teen center open house

Parents and teens are invited to an information evening at the teen center 5:30-7:30 p.m. Wednesday. Learn about

teen center activities as well as wider Air Force initiatives. Light refreshments will be provided.

Missoula youth performing arts camp

Budding thespians, singers or dancers can apply for a free week-long camp in Missoula, Mont. July 15-22 or 22-29. Contact the teen center for an application form and submit this, along with an audition tape, by Feb. 15.

Youth Center
687-5586

Pre-teen scene Valentine's party

Children ages 10-12 are invited to celebrate Valentine's Day with friends. There will be Valentine crafts, games, karaoke, pool, computers and a movie. The party is 6-10 p.m. Feb. 11 at the teen center, call to sign up.

Family Child Care
687-1180

FCC orientation class

Receive training to become a licensed family child care provider on base from 8 a.m.-4 p.m. Feb. 13-17. Providers with chronic health problems are accepted. The program needs providers who are willing to care for children during swing and evening shifts and children with special needs. Stop by the FCC office to pick up a registration package. Registration must be received by the Wednesday prior to the class.

Base residents

Quality child care for military families is an important concern. Guidelines in Air Force Instruction 34-276, Family Child Care Programs, requires anyone providing in-home care for 10 hours (total for all children in care) or more a week on a regular basis to be licensed. If you are currently unlicensed, you must cease care and apply for a family child care license. Call for more details.

Child Development Center
687-5588

Drop-in care

The child development center can provide drop-in child care for 6 weeks to 5-years-olds on a space available basis for \$3 per hour.

Parents' night out

The child development center is available to babysit children ages birth-12 years old 6:30-10:30 p.m. Feb 10. The cost is \$12. Call for details.

Veterinary Clinic
687-2667

Dental health

Don't let years go by without taking pets to the dentist, pet's dental health is just as important to their overall wellbeing as it is to humans. The vet clinic offers free advice and a dental consultation as well as many products to help maintain oral health.